

# Explore mental health resources for **work, home,** and **everywhere in between.**

Balancing a busy schedule? Stress can grow as responsibilities pile up, and with more than one in four adults in Iowa experiencing a mental health concern in the past year, it's important to set aside time for what matters most: your well-being.<sup>1</sup>

The State of Iowa offers several tools and resources to support your health and happiness, and to help you do the same for others. Take a moment to review them now — and keep strong mental health top-of-mind.



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## The Healthy Everywhere Guide

Reading this guide is a good first step to better understand the drivers of brain and body health, and to learn which support services are available to you (and how to access them). Inside, you'll find:

- Resources to recognize symptoms of mental distress in yourself and others
- Tips to manage stress and improve work-life balance
- Tools to prioritize and practice self-care



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## The Healthy at Home Guide

Kids and families across Iowa struggle with mental health challenges. This guide is intended to help parents, guardians, and caretakers support adolescent mental health with information on how to:

- Recognize signs of stress and other struggles
- Talk to kids about mental health
- Care for yourself, and know where to go when you need help

## Additional mental health benefits and resources

The State of Iowa's  
Employee Assistance  
Program is available for you  
and your family members:

### Employee Assistance Program

Get free, confidential support to help you manage life's biggest stressors. Services are administered by Acentra Health®. For more information, call 800-833-3031.

Explore these well-being  
tools from Wellmark® Blue  
Cross® and Blue Shield®:

### Doctor on Demand® by Included Health

This confidential telehealth service allows you to easily schedule and receive virtual talk therapy and medical consultations with board-certified mental health professionals.

### BeWell® 24/7 and Blue<sup>SM</sup> Magazine

Get the answers you need by calling BeWell 24/7® (1-844-84-BEWELL), a registered nurse helpline for health-related questions, and learn more about a variety of mental health and other well-being topics with articles and news from Blue<sup>SM</sup> Magazine.

### Why is managing mental health important?



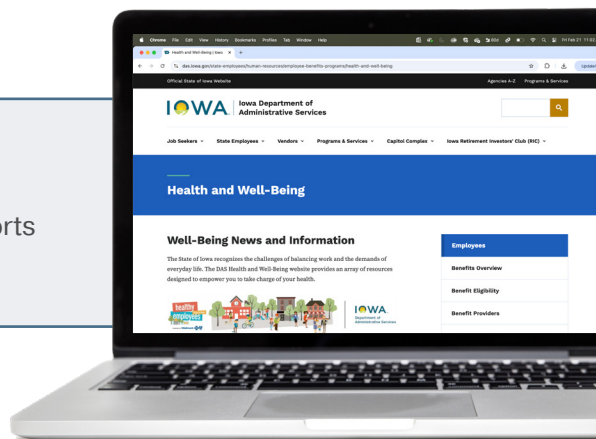
Mental health concerns are prevalent in Iowa, and they can impact physical health, happiness, and overall success for everyone.

**26%** of adults in Iowa ...  
experienced a mental health concern in the past year<sup>1</sup>

**21%** of youth in Iowa ...  
reported suffering from at least one major depressive episode in the past year<sup>1</sup>

### Find support that's right for you.

Visit the DAS Well-being page to see all the ways the State of Iowa supports your well-being at work, home, and everywhere that matters.



1. Mental Health America, "The State of Mental Health in America," 2024.